



# Finishing School?

**Let's discover what's next for you.**

Your teenage years and young adulthood are all about discovering who you are, building friendships and working towards your future.



**Cerebral Palsy**  
ALLIANCE



## Supporting Youth to Thrive

CPA's youth programs for ages 12 – 28 years are designed to help you grow your independence, build confidence and develop skills for life, study and work. Our experienced disability support practitioners work alongside you to help you achieve your goals, whatever they may be.

## Lifestyles Programs

Our Lifestyles programs are all about helping you build confidence, independence and new skills while having fun along the way. Together, we'll design a program that reflects your interests and goals.



### Afternoon Club

Afternoon Club is a social after-school program for ages 12 – 17 years, running from 4pm to 6pm Monday to Friday. Hang out with friends, try new activities and build skills in a relaxed and supportive environment.

### Social Saturdays

Social Saturdays is a fun fortnightly program for ages 12 – 17 years with a variety of activities chosen by participants. It's a great way to meet new people, explore new interests and enjoy time with friends.

### School Holiday Program

Held every school holidays for teens aged 12 – 17 years, this program offers an exciting lineup of activities, from zoo visits and bowling to mini golf and park outings. Join us for a fun, supportive and inclusive holiday experience.

### Youth Employment Assistance

Our Youth Employment Assistance program (formerly known as SLES) helps young people make the transition from school to work. It includes school leaver preparation, supported work experience, volunteering opportunities and practical skill development. We can work with you during school to start this transition.



### Youth Day Program (Masterclass)

Our Youth Day Program (Masterclass) is a capacity-building program for young adults aged 16 – 28 years. Discover what you're passionate about, learn new skills and build confidence for work, study and everyday life.

### Home & Community Support

We provide personalised 1:1 support for daily living, from a few hours to full-time care. Our team can help with meals, personal care, household tasks, medication prompts, and getting out in the community. Tailored to your goals, our support builds confidence, independence and a sense of belonging.



## Health and Wellbeing



Staying active and feeling strong can help you get more out of life.

Our accessible gym groups are a great way to build strength, improve fitness, and work towards your personal goals in a supportive, social environment. Our qualified exercise physiologists will guide you every step of the way.

You can also get involved in our accessible sports programs, with weekly sessions including basketball, soccer, athletics and swimming. It's a great way to try new things, challenge yourself, make friends, and have fun while staying active.





## Supported Employment

Having a job can help you build confidence, independence and a sense of purpose.

CPA offers supported employment opportunities from age 17 through Packforce, located in Wetherill Park and Frenchs Forest.

Packforce operates under the Australian Disability Enterprise (ADE) model, providing meaningful employment opportunities tailored to people with physical and/or intellectual disabilities. Supports include personal care, mealtime assistance and individual workplace support.

Our team works with you, your family and carers to explore your interests and help you comfortably transition into the workforce.

### Supported employment can help you:

- Build confidence and independence
- Learn new skills
- Earn a wage
- Make new friends

## Supported Independent Living

Thinking about your future and what independent living could look like for you?


Whether you're planning for the next few years or just starting to explore your options, CPA can support you on your journey toward living more independently.

We offer safe, comfortable homes for adults with physical and/or intellectual disabilities, with 24/7 support from experienced staff. Our homes are located across Sydney, Newcastle and the Central Coast and are purpose-built or adapted to suit individual needs. We'll work with you to understand your goals, explore your options and, when you're ready, help you find a home and housemates that feel like the right fit.

It's all about building confidence, planning ahead and creating a future where you feel comfortable, supported and at home.



### Contact Us Today

 1300 888 378

 [ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au)

 [cerebralpalsy.org.au](http://cerebralpalsy.org.au)

Scan the QR code to find a service near you and learn more about CPA's youth programs.



  
**Cerebral Palsy**  
ALLIANCE